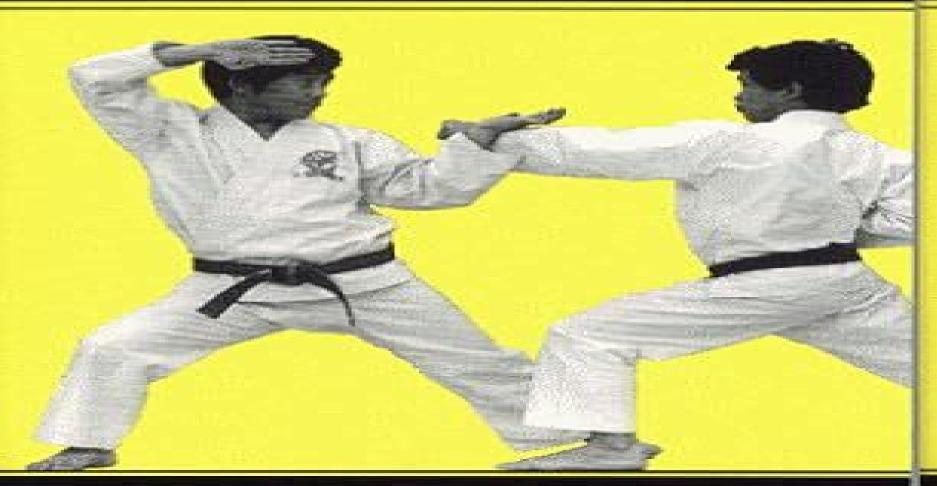
GOJU-RYU KARATE



By Gosei Yamaguchi

Fundamentals Of Gojuryu Karate

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covers advanced kata its evolution and its importance Step by step photographs throughout the book show the advanced techniques of shorei kan karate including stances strikes blocks kicks and two man training styles **Entering Through the Gateway of Gojuryu** C. Michial Jones,2011-08-12 This book draws extensively upon the author s 34 years of personal experiences training research and discussions with some of the world s most prominent masters This work contains several topics such as History Biographies karate morality kihon kata kumite kakie self defense junbi undo hojo undo and related topics it is aimed at the beginning student to assist them in their journey along the path of Gojuryu however it may be used as a guide by other s interested in Okinawan Gojuryu Karate do and even the veteran karate ka may find it a useful tool Forewords by Phillip Koeppel R Choji Taiani Roy Hobbs Dennis May and Len Pellman Black Belt ,1989-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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